Steelflex

INNOVATION • QUALITY • DURABILITY • VALUE



BIKE / ELLIPTICAL / STEPPER

USER MANUAL V.2

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SAFETY INSTRUCTIONS

IMPORTANT SAFETY INSTRUCTIONS SAVE THESE INSTRUCTIONS

When using an electrical product, follow basic precautions, including the following:

WARNING!

To reduce the risk of burns, fire, electrical shock or injury to persons:

- Use this exercise product for its intended use as described in this User Manual. Do not use attachments not recommended by the manufacturer.
- Never drop or insert any object into any opening.
- Do not remove the Bike / Elliptical / Stepper side covers. Only an authorized ***STEELFLEX*** retailer should perform Service.
- Never operate this product if it has a damaged cord or plug, if it is not working properly, if it has been damaged, or immersed in water. Have equipment examined as required by an authorized ***STEELFLEX*** service provider.
- Do not use outdoors.
- When the ***STEELFLEX*** product is in use, young children and pets should be kept at least 10 feet away.
- Keep children off your ***STEELFLEX*** product at all times.

SAFETY INSTRUCTIONS

SAFETY INSTRUCTIONS:

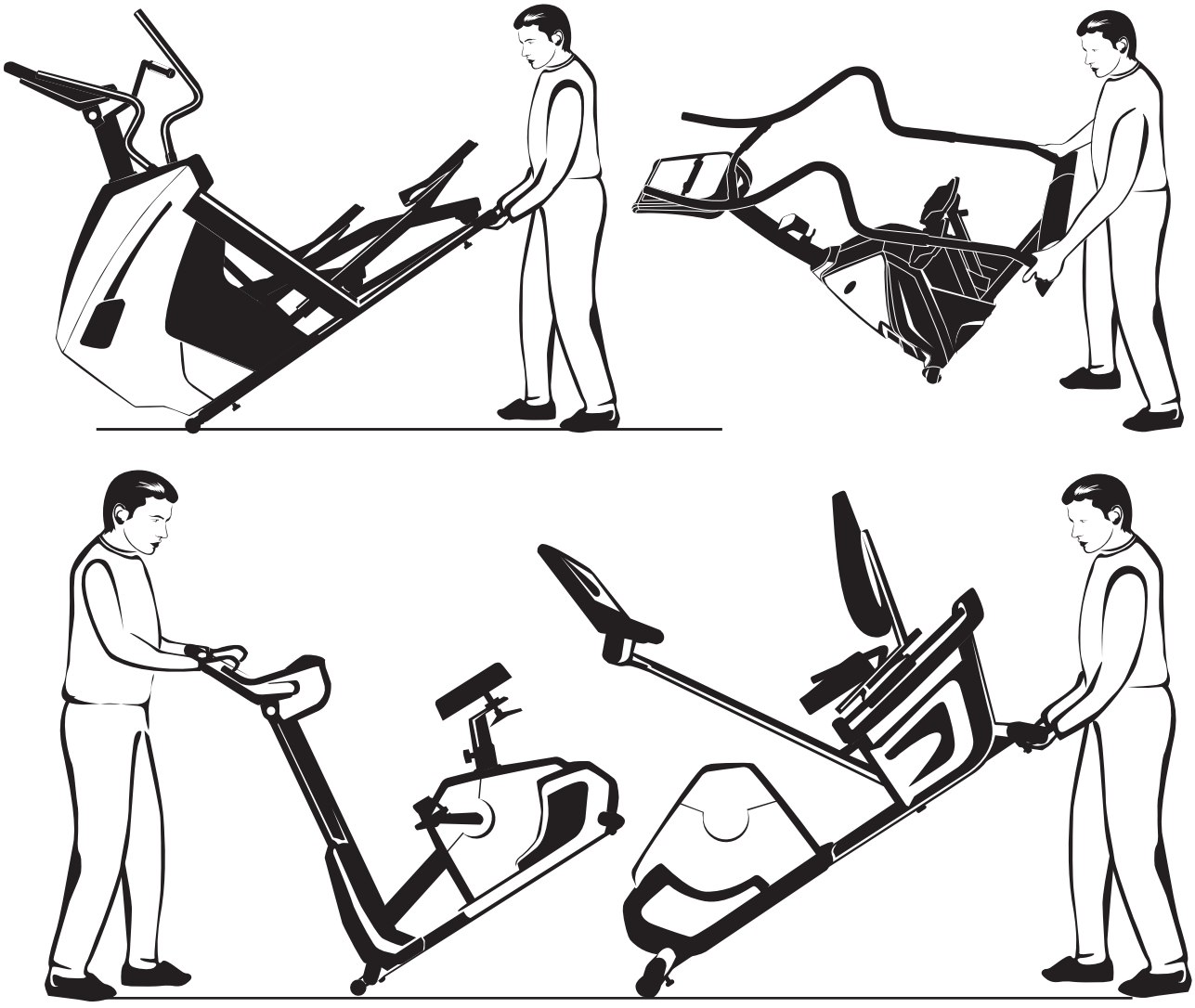
CAUTION!

- If you experience chest pains, nausea, dizziness or shortness of breath, stop exercising immediately and consult your physician before continuing.

- Do not wear clothing that might catch on any part of the ***STEELFLEX*** product.
- Read this User Manual before operating this product.

MOVING

Your ***STEELFLEX*** product has a pair of transport wheels built into the front legs. To move the upright cycle, firmaly grasp the handlebars, carefully tip toward you and roll on the transport wheels.
To move the recumbent bike and elliptical, firmly grasp the rear foot assembly, carefully lift and roll on the transport wheels.
To move the stepper, firmly grasp bottom areas of two handlebars, carefully lift and roll on the transport wheels.



Caution: Our product is wellbuilt and heavy.
Take caution and use additional help if necessary.

SEAT ADJUSTMENT

The seat is at the proper position when your knee is slightly bent when the pedal is in the furthest position.

Item: All CR series

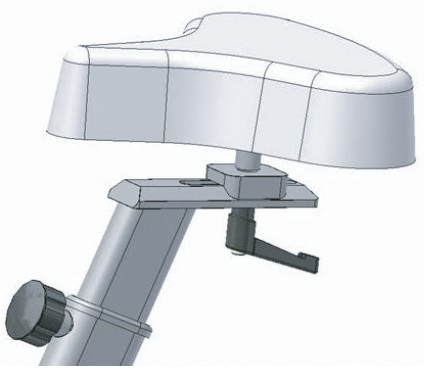


To adjust CR seat position, all you need to do is pull the adjusted bar and move forward or back to the position you feel comfortable. Then press the adjusted bar down to lock.

Item: All CB series

To adjust CB seat position, two different places you can adjust.

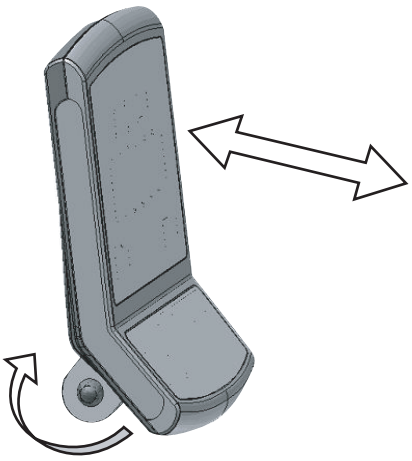
1. If the seat is too short or too high, you can use round adjust pin. Loosen the adjust pin and then pull it to adjust the height of seat to a comfortable position, then tighten it.
2. If the seat is too far or too close, you can use the bar pin.
   Loosen the pin and adjust to a comfortable position.



CONSOLE ADJUSTMENT

You can adjust the console angle for best position.
More descriptions are listed below.

Item: for all CB/CR/CE/CF series

	Adjust for best view.

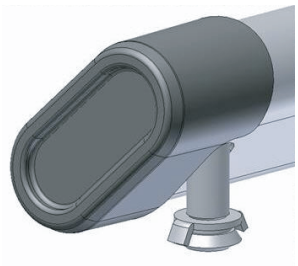
Item: All CR series

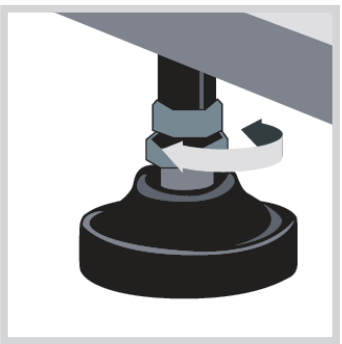
Swing handle bar design offers easy access and numerous viewing options.	

BALANCE ADJUSTMENT

Before exercising, ensure machine is level. If not level, adjust levelers.

Item : for all CB, CR and PST series

	Two are in the front and two are in the rear.
	Adjust to level and stabilize unit.
	Tighten upper disk to lock position.



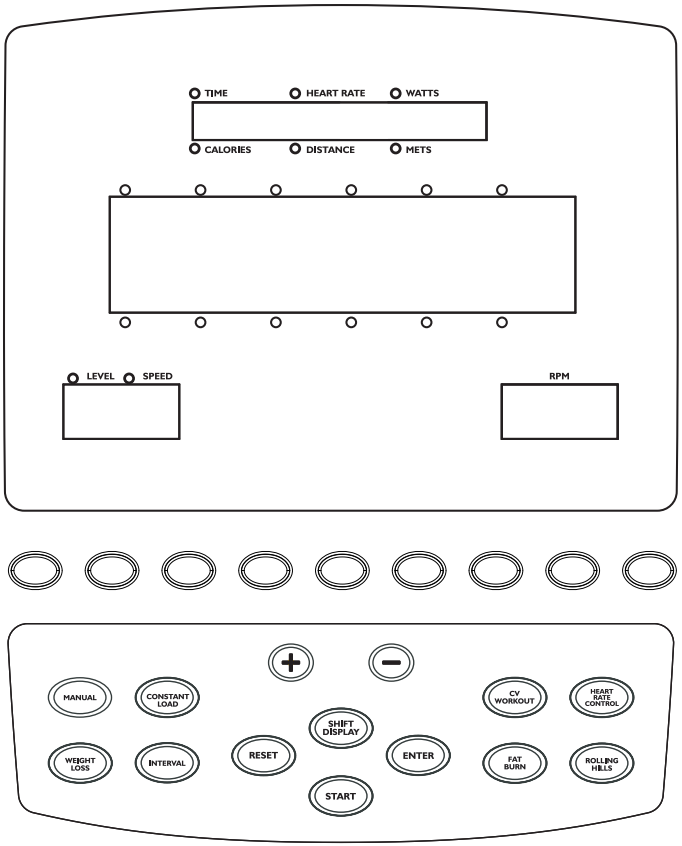
Item : for all CE and CF series

After finding a location that is suitable for the elliptical, you can adjust four levelers which allow you to adjust until it is properly seated on the floor.

DO NOT adjust levelers while the elliptical is used.

Display Introduction

The display of your CBSG/CRSG/CESG/CFSG, CB1/CR1/CE1/CF1 or CB2/CR2/CE2/CF2 is used to operate the unit. It includes information windows, matrix window and button location.



Information Window

Matrix Window

Information Window

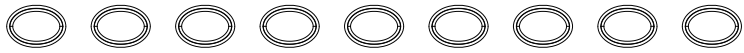
TV Function Button (Only for CB2 / CR2 / CE2 / CF2)

Button Location

OPERATING INSTRUCTIONS

The display of your CB3/CR3/CE3/CF3 is used to operate the unit.
It includes touch panel screen and TV function button.





TV Function Button

Information window

The information windows provide two different types of information: program directions and user information data. Program directions will be explained with programs later. User information data includes:

User information Data	Description
TIME	Indicates time in minutes and seconds (mm:ss).
HEART RATE	Indicates heart rate , beats per minute during your workout. (Only displayed if you are using contact heart rate bar or chest belt.)
WATTS	Indicates accumulated power consumption of your workout.
CALORIES	Indicates accumulated calories burned during your workout.
DISTANCE	Indicates exercising distance of your workout.
METS	Indicates metabolic equivalents during your workout.
LEVEL	Indicates current resistance of your workout.
SPEED	Indicates speed of your workout. (Either miles or kilometers.)
RPM	Indicates pedal rotations : per minute.

Matrix window

The Matrix Window displays the workout program you select. Each program displays different exercise profile. Flashing lamp bar in the window displays your location on the exercise course.

Button Location

There are 14 buttons for programing, adjusting resistance and operating the machine. A description of each button is listed below.

	Adjust resistance. Every press will increase 1 resistance level. Press and hold this button to increase quickly.
	Adjust resistance. Every press will decrease 1 resistance level. Press and hold this button to decrease quickly.
	Start your workout.
	Reset Data
	Change(TIME、HEART RATE、WATTS、LEVEL) and (CALORIES、DISTANCE、METS、SPEED) value.
	Enter Data

	Program button.		Program button.
	Program button.		Program button.
	Program button.		Program button.
	Program button.		Program button.

TV Function Button
(For CB2/CR2/CE2/CF2 and CB3/CR3/CE3/CF3)

	Volume up.
	Volume down.
	Select TV / AV / S-VIDEO / MP3 mode.
	Change Sport TV / AV / S-VIDEO / MP3 mode.
	Exercise information display.
	Play or pause songs.
	Songs' list.
	Next song.
	Previous song.

Engineering Mode

Steelflex series are designed for different users. Base on your location and user characteristics, please follow the instructions to set up the machines before starting using.

For CBSG/CRSG/CESG/CFSG, CB1/CR1/CE1/CF1 and CB2/CR2/CE2/CF2

step 1	Press " RESET " and " ENTER ", and hold for 3 seconds until you see software version.
step 2	Set "UPRIGHT" and "RECUMBENT". Press " + " or " − ", to choose upright or recumbent, then press " ENTER ". (Only for CB /CR).
step 3	Set "CLUB" and "REHAB". Press " + " or " − " to format club and rehab, then press " ENTER ". (Format CLUB+ is designed for CB users who need heavier resistance.)
step 4	Press " + " or " − " to set "KM" or "MPH", then press " ENTER ". After this step, it will go back to exercise window.

For CB3/CR3/CE3/CF3

step 1	Press " MANUAL " and " ROLLING HILLS ", and hold for 3 seconds until you see software version.
step 2	Set "UPRIGHT" and "RECUMBENT". Press " + " or " − " to choose upright or recumbent, then press " ENTER ". (Only for CB and CR)
step 3	Set "CLUB" and "REHAB". Press " + " or " − " to format club and rehab, then press " ENTER ". (Format CLUB+ is designed for CB3 users who need heavier resistance.)
step 4	Press " + " or " − " to set "KM" or "MPH", then press " ENTER ". After this step, it will go back to exercise window.

Programs

There are 8 different exercising programs, includes manual, weight loss, constant load, interval, CV workout, fat burn, heart rate control and rolling hills. Operations are explained as following.

Manual

step 1	Turn on the power and it will ask you to " select program or start". You can press " START " or " MANUAL ". If you press " MANUAL " then press " ENTER ".
step 2	Set level or profile. You can use " + " or " − " to set level or profile you want to exercise. Then press " ENTER ".
step 3	Set weight. You can use" + " or " − " to set your weight. Then press " ENTER ".
step 4	Set time. You can use " + " or " − " to set time you want to exercise. Then press " ENTER ".
step 5	Press " START ". (This step is only for CB3/CR3.)

After programming, it will count down 3 seconds, and start exercise. During your workout, you can change resistance level.

OPERATING INSTRUCTIONS

Weight loss/Constant load/Interval/CV workout/Fat burn/ Rolling hills

step 1	Turn on the power and it will ask you to " select program or start". Choose the program you want to use then "  ".
step 2	Set level or profile. You can use "  " or "  " to set level or profile you want to exercise. Then press "  ".
step 3	Set weight. You can use"  " or "  " to set your weight. Then press "  ".
step 4	Set time. You can use "  " or "  " to set time you want to exercise. Then press "  ".
step 5	Press "  ". (This step is only for CB3/CR3.)

After programming, it will count down 3 seconds, and start exercise. During your workout, you can change resistance level.

Heart rate control

step 1	Turn on the power and it will ask you to " select program or start". Press "  " , then press "  ".
step 2	Set target heart rate. You can use "  " or "  " to set target heart rate you want to exercise. Then press "  ".
step 3	Set weight. You can use"  " or "  " to set your weight. Then press "  ".
step 4	Set time. You can use "  " or "  " to set time you want to exercise. Then press "  ".

After programming, it will count down 3 seconds, and start exercise. During your workout, you can change resistance level.

TEST MODE

Several simple test processes offer simple and easy inspection. This is only for CBSG/CRSG/CESG/CFSG and CB1/CR1/CE1/CF1. Turn on the machine and press " 

" and " 

" together for 3 seconds. You will see test mode.

- Press " 

" , the lamps of the matrix window light from left to right.
- Press " 

", the lamps of matrix window light from up to down.
- Press " 

", the lamps of upper information window light from left to right.
- Press " 

", each segment of upper information window can be inspected.
- Press " 

", the lamps of lower information window light from left to right.

- Press “ 

”, each segment of lower information window can be inspected.

- Press “ 

”, all LED lamps light one by one.

- Press “ 

”, all lamps light. Press the button again, all lamps are off.

- Press “  ” “  “ 

” 、“ 

” and “ 

”, the name of buttons will be shown on the upper information window.

- Press “ 

”, you will leave test mode and return to power on mode.

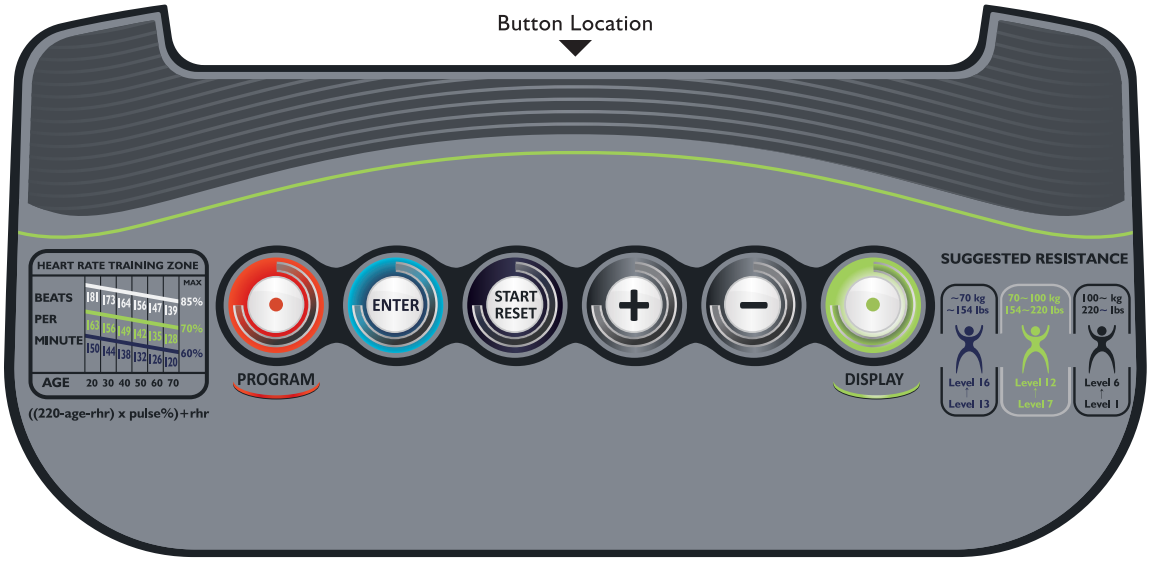
Display Introduction

The display of your PST10 is used to operate the unit. It includes information window and button location.



Information Window

Button Location



Information window

The information window provides two different types of information: programs directions and user workout data. Program direction will be explained with programs later. User workout data includes:

User workout data	Description
TIME	Indicates time in minute and seconds (mm:ss).
STEP	Indicates step counts user workout.
LEVEL	Indicates current resistance of user's workout.
PRO.	Indicates workout program user choose.
	Indicates user's heart rate during workout.
CAL.	Indicates accumulated calories burned during workout.
WATT	Indicates accumulated power consumption of workout.
DIST.	Indicates exercising distance of your workout.
SPM	Indicates user's workout steps per minute.
SPEED	Indicates speed of workout.

OPERATING INSTRUCTIONS

Button location

Description of each button is listed below.

	Choose workout program.
	Enter data.
	Under START condition, press another time will be RESET. Under RESET condition, press another time will be START.
	Increasing setting values.
	Decreasing setting values.
	Workout data display changes.

Engineering Mode

Steelflex stepper is designed for different users. Base on your location and user characteristics; please follow the instructions to set up the machines before starting using.

step 1	Press and hold  and  together for 3 seconds. Software version will be shown for 3 seconds, then enter metric/imperial setting.
step 2	Press  or  to set metric/imperial, then press  .
step 3	"TOTAL TIME" which means accumulated total workout time of the machine will be shown. Press  to leave engineer mode.

OPERATING INSTRUCTIONS

Programs

There are 9 different exercising programs which includes manual, cardio, fat burn, interval, goal-time, goal-distance, goal-calories, goal-step and HRC. Operations are explained as following.

Manual(P1)

step 1	Set weight by pressing  and  , then press  . Default value is 70 KGS/150LBS.
step 2	Choose P1 by pressing  , then press  to start your workout.

1. Time, distance, calories and step will be counted up from 0.

Cardio(P2)/Fat Burn(P3)/Interval(P4)

step 1	Set weight by pressing  and  , then press  . Default value is 70 KGS/150LBS.
step 2	Choose P2/P3/P4 by pressing  , then press  .
step 3	Press  and  to set workout time.
step 4	Press  to start your workout.

1.Time will be count down from default value or setting value.
Distance, calories and step will be counted from 0.

Goal-time(P5)

step 1	Set weight by pressing  and  , then press  . Default value is 70 KGS/150LBS.
step 2	Choose P5 by pressing  , then press  .

OPERATING INSTRUCTIONS

step 3	Press  or  to set workout time. Default value is 30 minutes. Then press  .
step 4	Press  to start your workout.

1.Time will be count down from default value or setting value. Distance, calories and step will be counted up from 0.

Goal-distance(P6)

step 1	Set weight by pressing  and  , then press  . Default value is 70 KGS/150LBS.
step 2	Choose P6 by pressing  , then press  .
step 3	Press  or  to set distance. Default value is 0.5. Then press  .
step 4	Press  to start your workout.

1.Distance will be count down from default value or setting value. Time, calories and step will be counted up from 0.

Goal-calories(P7)

step 1	Set weight by pressing  and  , then press  . Default value is 70 KGS/150LBS.
step 2	Choose P7 by pressing  , then press  .
step 3	Press  or  to set calories. Default value is 200. Then press  .
step 4	Press  to start your workout.

1.Calories will be count down from default value or setting value.

Time, distance and step will be counted up from 0.

OPERATING INSTRUCTIONS

Goal-step(P8)

step 1	Set weight by pressing  and  , then press  . Default value is 70 KGS/150LBS.
step 2	Choose P8 by pressing  , then press  .
step 3	Press  or  to set distance. Default value is 1000. Then press  .
step 4	Press  to start your workout.

1.Step will be count down from default value or setting value.

Time, distance and calories will be counted up from 0.

HRC(P9)

step 1	Set weight by pressing  and  , then press  . Default value is 70 KGS/150LBS.
step 2	Choose P9 by pressing  , then press  .
step 3	Set age by pressing  and  . Default value is 30. Then press  .
step 4	Set max. pulse % by pressing  and  . Default value is 70%. Then press  . If heart rate is more than 20 bpm below target, level will increase 2 every 30 seconds. If heart rate is more than 10 bpm below target, level will increase 1 every 30 seconds. If heart rate is more than 20 bpm above target, level will decrease 2 every 30 seconds. If heart rate is more than 10 bpm above target, level will decrease 1 every 30 seconds. If heart rate can not be detected, PULSE will be shown on the display every 0.5 second, and level doesn't change.

OPERATING INSTRUCTIONS

step 5	Press  to start your workout.

1. Time, distance, calories and step will be counted up from 0.

Note

1. During workout, if user wants to reset, please press and hold  for 3 seconds.

2. If no signal is detected in 30 seconds, it will enter sleep mode. Once it is waked up, it will back to weight setting.

3. When END is shown on the display, user can press  to back to start condition or it will go back to program setting condition after 3 minutes.

All STEELFLEX series products are designed for heavy usage environment. To keep your product in good condition, STEELFLEX strongly recommends the following maintenance routines below.

FOR ALL UPRIGHT AND RECUMBENT BIKES

Item	Prior to use	Weekly	Monthly	Quarterly	Bi-Annual
Console		Clean			
Handlebar connection				Inspect Tighten as required	
Outer covers		Clean			
Foot straps	Inspect				
Seat Fasteners			Inspect Tighten as required		
Seat Post					Apply light coat of lubricant
Crank arms			Inspect Tighten as required		

FOR ALL ELLIPTICAL AND STEPPER

Item	After Use	Weekly	Monthly	Quarterly	Bi-Annual
Console	Clean				Inspect
Console Mounting Bolts					Inspect and tighten
Outer covers		Clean			
Fasteners			Inspect and tighten		
Bearings				Inspect and tighten	
Footpads			Inspect and tighten		

WARRANTY CONDITIONS

WARRANTY CONDITIONS

1. Ask your dealer about product warranty conditions.

2. The warranty applies only to the original owner, and covers the cost of parts repair or replacement and does not include freight charges. Proof of purchase must be demonstrated.

3. The warranty applies only to the original owner and is non transferable. If you are in US., the warranty card must completed and sent back to FMI to complete registration. If you are out of US., please contact your dealer about your warranty situation.

4. Labor coverage is provided only by authorized STEELFLEX dealer or if the STEELFLEX factory does the work.

5. Any reimbursement for travel outside of the dealers' normal service or coverage area will be the responsibility of the customer.

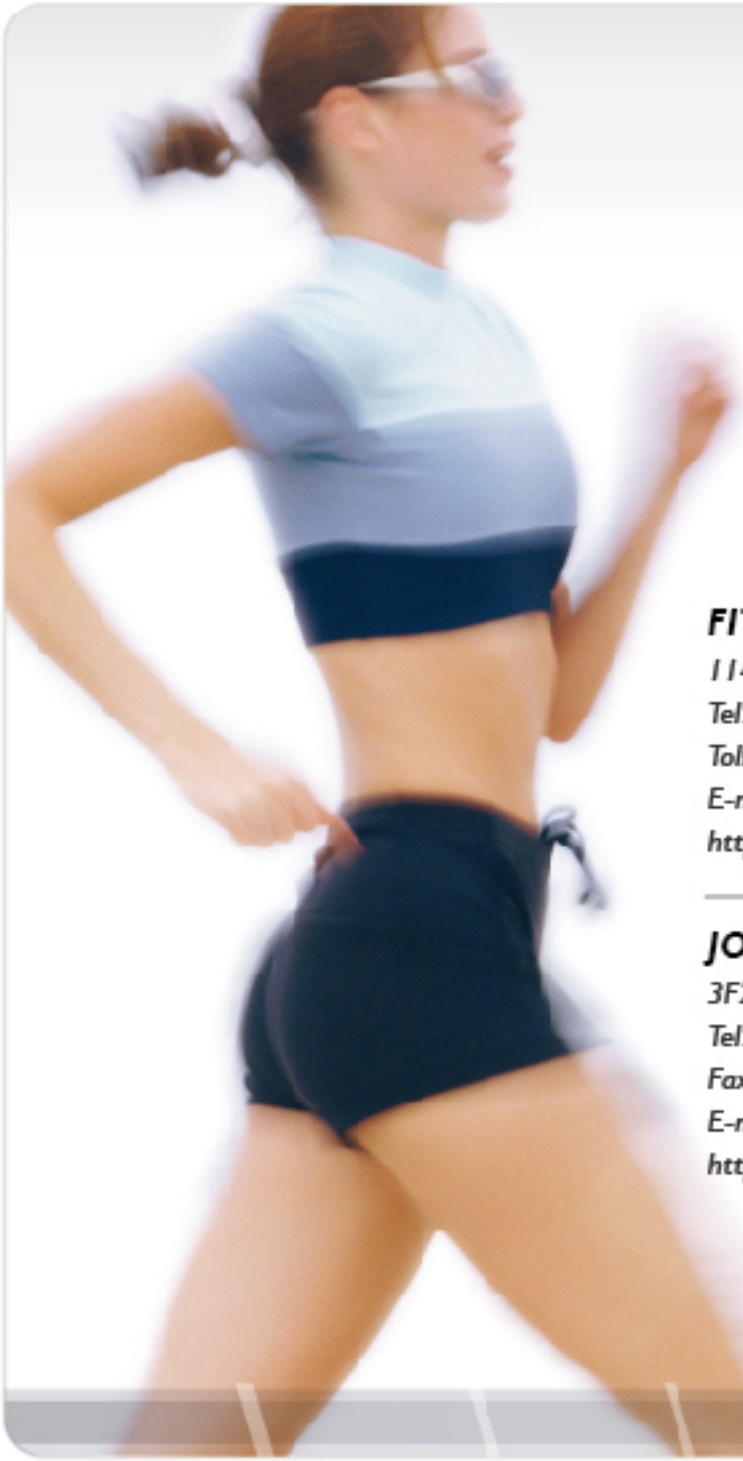
6. Warranty does not cover failure due to improper assembly, installation or use.

7. This warranty does not cover customer instruction, installation, set up or adjustment. User is responsible for necessary maintenance.

WARRANTY CONDITIONS

8. The warranty will not be extended to any product whose serial number has been removed, altered, or defaced.

9. This warranty does not cover damage or equipment failure caused by, or resulting from accident, misuse, abuse, improper assembly or installation, un-authorized modification, or failure to provide reasonable and necessary care as outlined in the owner's manual.



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